



“I GOT MY LIFE BACK”

MEET JO

In 2016, Jo was suddenly experiencing low energy, weight gain, and high cholesterol. She visited her family doctor and was diagnosed with hypothyroidism, meaning her thyroid was no longer producing enough hormone. Jo was concerned with the diagnosis and felt compelled to arm herself with as much knowledge as possible to manage her hypothyroidism in a natural way.

NEVER GIVING UP

Jo set off on a yearlong journey to get her health back on track without medication. She began doing her own research to lower her cholesterol, lose weight, gain energy, and feel like herself again. Jo immediately made positive changes to her routine. She no longer snacks in the evening and eats mindfully by balancing out indulgences. She keeps herself strong with weight lifting, rowing, and core work. Even though Jo did not see results on the scale or in her blood work until almost a year later, she kept going. “I was not going to give up!” says Jo.

SUPPORT SYSTEM

During this challenging time, Jo began working with Coach Cher. Having Coach Cher in her corner provided support, accountability, and most importantly someone to talk to and cheer her on. “She was always just a phone call away if I had questions or needed support,” says Jo. Coach Cher was able to motivate her when she was down, help her navigate the confusing areas of her blood work, and listen when Jo needed a friend. “Coach Cher has been fantastic!” Jo adds. Jo and Cher continue to check in with each other on a regular basis.

LIVING HER BEST LIFE

Even though it was a long journey, Jo’s hard work paid off. These days, she is down 26 pounds, full of energy, sleeping well, and overall feeling the best she has ever felt. She works closely with her doctor to keep her levels in check and pays close attention to how she’s feeling. Her positive attitude, determination, and a little help from Coach Cher, has brought Jo to a place of health and happiness.